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2005 THOMAS JEFFERSON AWARD WINNING METRO FORMAT NEWSPAPER

**OCTOBER 13, 2006** 



CAAT 1



Band



Softball



3/3 D-1



Colonel Mark A. Dungan, deputy commander, Marine Corps Base Hawaii, presents the Bronze Star to Richard Tsue, father of Staff Sgt. Daniel Tsue, an explosive ordnance disposal technician who was killed in action last year while supporting Operation Iraqi Freedom. Tsue was killed Nov. 1, 2005, when responding to a request to neutralize a roadside bomb in Ramadi.

### Father accepts Bronze Star for son

Cpl. Michelle M. Dickson

Combat Correspondent

The Bronze Star was presented Oct. 3 to Richard Tsue, father of Staff Sgt. Daniel A. Tsue, an explosive ordnance disposal technician who was killed in action last year while serving in support of Operation Iraqi Freedom.

Richard, a Honolulu native, accepted the medal on the behalf of his son aboard Marine Corps Base Hawaii, Kaneohe

His son, who was assigned to Explosive Ordnance Disposal Company, 8th Engineer Support Battalion, 2nd Marine Logistics Group (Forward), II Marine Expeditionary Force (Forward), was deployed in support of OIF 04-06 from September to November

"I'm very proud of my son. He loved what he was doing," said Richard. "From talking to his friends that he worked with, he always did a good job."

Tsue was killed in action Nov. 1, 2005, after responding to a request to neutralize a roadside bomb in Ramadi.

In addition to being awarded the Purple Heart, Tsue was posthumously promoted to staff sergeant.

### Allied forces hold annual conference

### Lance Cpl. Ethan

**Hoaldridge** U. S. Marine Forces, Pacific

U.S. MARINE CORPS FORCES, PACIFIC, CAMP **H.M. SMITH** — The Navy, Marine Corps and military service members from five allied nations met at Naval Station Pearl Harbor Oct. 3 through Oct. 5 for the fifth annual Noncombatant Evacuation Operations Conference to discuss how to improve NEO proce-

Most of the military organizations represented at the conference were involved with the recent turmoil in Lebanon, where more than 60,000 U.S. citizens and third country nationals were evacu-

A NEO is an evacuation of American citizens and third country nationals from a nation that is suffering from a natural disaster or severe con-

"For coalition forces and civilian agencies to continue working well together during NEOs, such as Lebanon, the NEO planners must exchange information, identify mutual

issues they can preplan before a NEO event occurs, and continue the development of common techniques and procedures," said Dr. Jens Jensen, the host of the conference.

Allied forces, such as Australia, New Zealand, Canada and the United Kingdom, often combine resources with the U.S. during

"It's about working together in a time-sensitive situation to evacuate people quickly," said New Zealand Army Col. Mike Thompson, a Joint Task Force plans and operations

This conference has a great value, because it has five nations together sharing recent NEO experiences along with lessons learned."

During the conference, Marines demonstrated an evacuee tracking system the U.S. effectively uses during

Third Marine Expeditionary Force and U.S. Marine Corps Forces, Pacific, has led the development of the system, according to Staff Sgt. Richard

See ALLIED, A-7

### 'Island Warriors' honor fallen

Cpl. Luke Blom Regimental Combat Team 7

**HADITHA**, **Iraq** — Just weeks into a seven-month deployment in Iraq's Al Anbar province, Hawaii-based Marines from 2nd Battalion, 3rd Marine Regiment, held a memorial service Oct. 1 at the Haditha Dam for a Marine killed in action.

More than 150 Marines, Sailors and soldiers gathered at the dam where 2/3 is based in this region of Al Anbar province to remember the life of Lance Cpl. James P. Chamroeun.

Chamroeun, described by fellow Marines as a soft-spoken but friendly guy, died Sept. 28 of wounds received while conducting combat operations against enemy forces in the Al Anbar province.

"One of the most memorable things about Chamroeun was the way he talked - real slow," said Lance Cpl. Joshua Glaymeyer, a field radio operator for 2/3 and friend of Chamroeun. "He had this catch phrase - 'Whoa.' Whenever he said it, people would always smile. I will really miss him."

Chamroeun, a field radio operator, was a member of a U.S. military Explosive Ordnance Disposal security team in the Haditha Triad region of Haditha, Barwanah and Haqlaniyah. In Iraq, EOD teams regularly investigate and destroy roadside bombs, enemy weapons and munitions caches.

The 20-year-old from Union City, Ga., graduated from basic training in October 2004 at Marine Corps Recruit Depot Parris Island, S.C., and joined 2/3 in 2005.

"Learning of Lance Cpl. Chamroeun's death hit me hard," said 1st Lt. Jonathan Stoddard, platoon commander, "Instantly, the war in Iraq became much more than distant news reports."

As the ceremony memorializing the young Marine began at the dimly lit dam, Marines listened as friends and fellow Marines recounted their memories of him.

"It didn't matter if he was asked to do something simple or something that other Marines would complain about, he attacked it in a steady way and got the job done," said Stoddard.

"I'll always remember the late night conversations we had. We'd talk about everything," said Lance Cpl. Kyle Kirkman, a field radio operator and

Chamroeun's roommate for more than attendance took their turn and knelt in Chamroeun will always be a friend

to me. He won't be just another person I've met along my life. I will carry a little piece of him with me everywhere I go."

Following the Marines' comments, 1st Sgt. Craig J. Cowart, senior enlisted advisor for 2/3, Headquarters and Service Company, gave a final company role call.

After calling out the names of several other Marines in the formation, who all quickly responded with a loud, "Here first sergeant," Cowart called Chamroeun's name three times - each call was met with a solemn silence.

Following the ceremony, those in

front of Chamroeun's memorial, which was represented by Chamroeun's rifle, military boots, dog tags and photo for one last chance to say some parting words, pray, or touch the fallen Marine's boots for the last time.

This was Chamroeun's second deployment in support of the Global War on Terrorism. He had spent seven months with 2/3 in Afghanistan in 2005 and 2006.

Chamroeun's military awards include the Purple Heart, National Defense Service Medal, Afghanistan Campaign Medal, Iraq Campaign Medal, Global War on Terrorism Service Medal, Combat Action Ribbon and the Sea Service Deployment Ribbon.



U.S. Marines and Sailors from the Hawaii-based 2nd Battalion, 3rd Marine Regiment, pay final respects to Lance Cpl. James P. Chamroeun during a memorial service Oct. 1 in Haditha, Iraq. Chamroeun, a 20-year-old from Union City, Ga., died Sept. 28 of wounds received while conducting combat operations against enemy forces in the Al Anbar

### Back from Iraq



Friends and families wait anxiously at Hangar 105 aboard Marine Corps Base Hawaii, Kaneohe Bay, Oct. 5 as the final flight returns, bringing home the Marines and Sailors of 3rd Battalion, 3rd Marine Regiment, from their seven-month tour in Iraq where they served in support of Operation Iraqi Freedom. The Marines and Sailors deployed in March of this year. See A4 for story.

### **News Briefs**

#### **Navy Birthday**

Anderson Hall Dining Facility is hosting a special lunch today in honor of the Navy's 231st Birthday. Active duty military as well as civilians pay \$5.90 while dependents of active duty military E1s through E4s pay \$5.00. Menu items include rib-eye steaks, king crag legs, shrimp cocktail, rice pilaf, corn on the cob, green bean Creole, sautéed mushrooms and onion, and garlic cheese potatoes.

#### Commissary celebrates Navy's Birthday

Marine Corps Base Hawaii, Kaneohe Bay Commissary is celebrating the Navy's birthday today with a cake-cutting ceremony and a food demonstration at 9:15. This event is open to Marines, Sailors, Civilian Marines, and other authorized patrons.

#### **Marine Security Guard Duty**

The Marine Security Guard Duty Screening Team is scheduled to visit Marine Corps Base Hawaii Nov. 20 at the Base Theater beginning at 8 a.m. with a detailed one-hour brief about the program. Following the brief, screening of volunteers and Marines with orders to MSG duty will take place at the theater. This brief is a professional military education that all Marines can benefit

Any Marine can attend the brief and discover the Marine Security Guard Battalion's historic mission and how to become part of it.

If you know that you want to be screened by the MSG screening team during the visit, you must first see your unit's career planner to initiate the screening process.

All are welcome to attend - even if you want only to listen to the brief.

For more information about the MSG Program, log on to www.msgbn.usmc.mil.

#### **Manpower Management Officer Assignments comes to K-Bay**

A Manpower Management Officer Assignments team will be aboard Marine Corps Base Hawaii, Kaneohe Bay and Camp H.M. Smith, Thursday. The visiting MMOA team will consist of a command segment that provides professional military education, coordinates anticipated FY07 staffing goals, and provides specific officer assignment

Officer monitors will be available for individual interviews and counseling. All monitor interviews at MCB Hawaii will be held at The Bachelor Officer Quarters conference room. All MMOA interviews at Camp H.M. Smith will be conducted at the Pollack Theater.

#### **Lost and Found**

There have been several lost personal items that have been found on Marine Corps Base, Kaneohe Bay and turned in to the Criminal Investigation Office, 3rd Street, Building 1095, first floor. These items include: Iewelry, bicycles. umbrellas, glasses, watches, clothing, keys, wal-

If you think your lost item(s) may be among our found items, call CID at 257-1305.

### **Important Phone Numbers:**

On-Base Emergencies	911
Military Police	257-7114
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Business Management Hotline	257-3188
Pothole & Streetlight Repair	257-2380
Base Information	449-7110
MCBH Duty Chaplain	257-7700
DEERS	257-2077

### Hawaii

### www.mcbh.usmc.mil

**Commanding General** Base Sergeant Major Public Affairs Officer Deputy Director **Public Affairs Chief Managing Editor** Layout/Design Photojournalist Combat Correspondent Combat Correspondent Combat Correspondent Combat Correspondent

Brig. Gen. Steven A. Hummer Sgt. Maj. Daniel J. Fierle Maj. Christopher M. Perrine 1st Lt. Binford Strickland Gunnery Sgt. Claudia M. de Leon Millie Perera Staff Sgt. Ronna M. Weyland Priya S. Jenkins Christine Cabalo Cpl. Sara A. Carter Cpl. Michelle M. Dickson Cpl. Roger L. Nelson Lance Cpl. Edward C. deBree

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The commanding general's message, "Are Your Leaders in Your Vehicles?" appears on a sign outside the front and back gates at Marine Corps Base Hawaii, Kaneohe Bay. This sign is part of the general's campaign to decrease motor vehicle incidents.

### 'Are Your Leaders in Your Vehicle?'

Cpl. Michelle M. Dickson

Combat Correspondent

Brigadier Gen. Steven A. Hummer, commanding general, Marine Corps Base Hawaii, has established a new campaign for safety entitled "Are Your Leaders in Your Vehicle?" as a way to encourage military personnel and civilian Marines to make the right decisions about driving on and off base.

"As the commanding general of Marine Corps Base Hawaii, I have my concerns about traffic safety on base," said Brig. Gen. Hummer. "However, my larger concern is when Marines, Sailors, and civilian Marines drive through the gate to go to their homes or enjoy their free time in this wonderful state, to carry with them the command element wherever they are as if their and spirit of safety that their

leaders have set." According to Brig. Gen. Hummer, last year MCB Hawaii experienced one private motor vehicle fatality. In addition, there have been 50 driving under the influence incidences and almost 800 traffic violations aboard base.

"When personnel drive on and off base and see the sign, I want our personnel to be in the mindset of using good judgment and prudent practices to be safe for themselves, their families, their friends, and for the United States Marine Corps," said Brig. Gen. Hummer.

The Marine Corps experienced 65 motor vehicle fatalities during fiscal year 2006. According to the secretary of defense, the goal was to reduce fatalities by more than 50 percent, but the Marine Corps has exceeded the secretary of defense's fatality reduction goal by more than 50 percent.

"I want all the Marines, Sailors, and civilian Marines to apply the safety standards direct supervisor were sitting in the passenger seat in the vehicle or sitting behind them on a motorcycle," said Brig. Gen. Hummer. Marine Corps Base Hawaii's traffic safety campaign includes data collection, analysis of that data and action by various functional areas on

Marine Corps Base Hawaii to reduce violations.

"Our current analysis depicts the most prevalent locations for speeding, larceny, domestic violence, and other violations, all of which detract from our readiness as America's 'first to fight' force," he said.

According to Hummer, there is currently coordination with Honolulu Department to receive information on all off-base traffic violations as well. The information will then be provided to those individuals' chain of command for their action.

The base regulations have also been modified to permit a violator's chain of command to adjudicate on-base traffic violations, said the general.

That way, the unit's first sermagistrate and can assess traffic points against a violator, or for injuring or killing others. based on the severity of the violation, can revoke base driv- ment out there," said Brig. ing privileges.

Marine Corps Base Hawaii's front gate, 'Are Your Leaders in population abides by the traffic Your Vehicle?""

regulations and the other base rules," said Brig. Gen. Hummer. "The intent of the traffic safety campaign is to gain the attention of those who don't."

The Military Police, the Family Advocacy advisors and base counselors can only do so much, he said. The command climate must be set, encouraged and supervised by leaders at all levels.

"As a commander for many years for various commands, when I go to bed on a Friday night, I am not concerned about being called in the middle of the night and being told we're going to war," said Brig. Gen. Hummer. "I'm concerned about the call that tells me a Marine or Sailor was involved in a driving accident involving geant or platoon commander multiple vehicles, and that he will assume the role of base has been badly injured and is up on manslaughter charges

"It's a dangerous environ-Gen. Hummer. "People need to "The grand majority of be thinking when leaving the

### Joint Spouses' Conference to be held at Kaneohe Bay's O'Club

The 12th Annual Joint Spouses' Conference will be held Oct. 20 and 21 aboard Marine Corps Base Hawaii, Kaneohe Bay, at The Officers' Club. The conference is a forum to empower, enlighten, motivate and educate military spouses.

The conference is open to spouses of active duty personnel, reservists and retirees of all ranks from all military branches. During the two-day conference, attendees may select five, one-hour workshops, choosing from more than 50 workshops

on such topics as Hawaiian culture and history, health and wellness, communication and parenting skills, and entertain-

Attendees of the workshop will be given a continental breakfast, lunch, and a conference tote bag filled with donations from local businesses.

For more information, log on to the Web site or call Katie Lynch, Marine Corps liaison, at 489-7886.

### Weekend weather outlook

### Today



Day - Mostly sunny until mid morning then becoming partly cloudy. Haze through the day. Highs around 82. East winds around 10 mph. Chance of rain 20 percent.

**Night** — Haze in the evening. Partly cloudy with isolated showers in the evening. Lows around 71. West winds around 10 mph. Chance of rain 20 per-

High — 82 Low — 71

### Saturday



Day — Partly cloudy with isolated showers. Haze. Highs around 83. Southeast winds around 10 mph. Chance of rain 20 percent.

Night — Partly cloudy with scattered showers. Lows around 71. Southwest winds around 10 mph. Chance of rain 30 percent.

High — 83 Low — 71

### Sunday



Day — Partly cloudy. Scattered showers in the morning...Then isolated showers in the afternoon. Highs around 83. Southwest winds 10 to 15 mph. Chance of rain 30 percent.

**Night** — Partly cloudy with scattered showers. Lows around 71. Southwest winds around 10 mph. Chance of rain 40 percent.

**High** — 83 Low — 71



Marines assigned to Combined Anti-Armor Team 1, Weapons Company, 1st Battalion, 3rd Marine Regiment, fire on targets at an unknown distance course with M240Gs (medium machine guns) mounted on top hardback Humvees at Pohakuloa Training Area on the Island of Hawaii. While in PTA, Marines assigned to CAAT 1 will also be conducting tow (T-12 anti-tank gun) and 50-caliber shoots.

### Anti-Armor team trains for deployment

**Story and Photos by** Cpl. Rick Nelson

Combat Correspondent

**POKAKULOA** TRAINING Hawaii — Marines assigned to Combined Anti-Armor Team 1, Weapons Company, 1st Battalion, 3rd Marine Regiment, were on Range 8 at Pohakuloa Training Area on the Island of Hawaii Oct. 5 to practice firing the M240Gs (medium machine gun) that are mounted on their hardback Humvees.

The course distances range from 100 to 1,000 meters, according to Sgt. Bryan J. Robbins, platoon sergeant and section leader, CAAT 1.

"Targets will pop up unannounced at random distances and the gunner will have approximately 10 seconds to fire at and hit the target," he said.

Robbins, who was in operation Al Fajr in November 2004 in Fallujah, Iraq, said this type of training helps Marines to be more proficient machine-gunners.

"This is some of the best training we're going to be doing, because all of the distances will be unknown - just like they are in combat," said Robbins, a native of Deming, N.M. "A lot of the Marines with us are new and seem to be catching on to the training really fast."

Out of the 44 Marines with CAAT 1, 22 are new to the unit.

Private Caleb J. Olsen, machine-gunner, CAAT 1, said he had never practiced on a range like that before and was very excited to get the opportunity.

"I knew when we came out to PTA that we would be getting great training," said the Seattle native. "I think any training we do is going to help us while we're deployed."

While in PTA, Marines assigned to CAAT 1 will also be conducting tow (T-12 antitank gun), 50-caliber and M240G shoots.

"We're going to also do some MOUT (military operations on urbanized terrain) training for the Marines as well as convoy operations and grenade (training) ranges,"



Marines form a perimeter while they shoot at an unknown distance course with M240Gs (medium machine gun) mounted on top of hardback Humvees, at Range 8 at Pohakuloa Training Area on the Island of Hawaii Oct. 5. The course distances range from 100 to 1,000 meters.

Robbins said. "I'd say for us, the convoy training and working on immediate-action drills will definitely be the most beneficial because of the duties we will have while in country."

The 24-year-old said he thinks PTA will prepare the Marines for their deployment to Iraq a lot more then they can imagine.

"It's all great training, but most of this stuff is going to be what saves these Marines' lives," Robbins added. "Once we leave PTA, we will train some more and work toward preparing for Mojave Viper

we've done to work and head to Iraq.

"There's not a doubt in my mind that the (Twentynine Palms, Calif). Once that is Marines with CAAT 1 will be well trained complete, we will put all of the training and ready for combat."



Lance Cpl. Aaron M. Mathis, gunner, Combined Anti-Armor Team 1, Weapons Company, 1st Battalion, 3rd Marine Regiment, fires at targets from the top of a Humvee Oct. 5.



A Marine loads rounds into his M240G (medium machine gun) before firing on an unknown distance course at Range 8 at Pohakuloa Training Area on the Island of Hawaii.

A-4 • October 13, 2006

### 'America's Battalion' arrives home

Story and Photos by Cpl. Michelle M. Dickson

Combat Correspondent

After more than six months of security and stability operations in the western Al Anbar province, Iraq, Marines from 3rd Battalion, 3rd Marine Regiment, returned Oct. 4 and 5 to Marine Corps Base Hawaii, Kaneohe Bay.

The 3/3 Marines deployed in support of Operation Iraqi Freedom in March and conducted more than 8,000 patrols, located 54 weapons caches, and detained more than 800 suspected insurgents, according to Master Sgt. Ronald Rice, operations chief.

The battalion also trained Iraqi Security Forces who are now capable of conducting their own independent operations, said Sgt. Josh S. Wartchow, squad leader, 2nd Platoon, Lima Company.

"It was a lot different out there than in Afghanistan," said the Doylestown, Pa. native. "The OP (operation) tempo was a lot higher and our mission was to train the Iraqi Security Forces in addition to conducting counter-insurgency operations.

"It was a lot more difficult because we were in a more stressful environment and the communication assets were a lot worse than last time."

Erin M. Wartchow, veterinary nurse, Veterinarian Care Animal Kaneohe, said this deployment was much more difficult for her as well, because this was the first time she wasn't back in Pennsylvania while her husband was deployed.

"It was hard because I didn't get to talk to him nearly as much as I wanted to, and I

would just call my family every day," said Wartchow. "They were really supportive the whole time though and would come visit as much as possible. I'm just so happy Josh is finally home."

Right: First Sergeant Chuong Nguyen, company first sergeant, India Company, 3rd Battalion, 3rd Marine Regiment, holds his son Cody after returning from his deployment in support of Operation Iraqi Freedom. Nguyen's son was born only two weeks prior to his deployment.

Below: Corporal Michael Guynes, rifleman, India Company, 3rd Battalion, 3rd Marine Regiment, is welcomed home by his father Merrill upon his return from his deployment in support of Operation Iraqi Freedom.



Marines and Sailors of 3rd Battalion, 3rd Marine Regiment, are welcomed by friends and families as they arrive at Marine Corps Air Facility, Marine Corps Base Hawaii, Kaneohe Bay, after a seven-month deployment in support of Operation Iraqi Freedom. The battalion transferred authority for security operations of the Haditha Triad region in Al Anbar, Iraq, to the Hawaii-based 2nd Battalion, 3rd Marine Regiment, which arrived in Iraq in early September.

The hangar where Marines and Sailors assigned to America's Battalion were greeted after getting off the plane was filled with a lot of smiling faces the evening of Oct. 4 and the

nd Sailors morning of Oct. 5.
ere greeted "It's great to be

"It's great to be home again and be able to enjoy the simple things in life again that so many of us take for granted – like sitting on a

couch or playing with my dog," said Wartchow. "I believe our mission over there is very crucial, and we have built some

strong bonds with the Iraqis. I would one day like to go back over there as part of a training team."

The battalion transferred authority for security operations of the Haditha Triad region in Al Anbar to Hawaii-based 2nd Battalion, 3rd Marine Regiment, which arrived in Iraq in early September.







Marines wounded in Iraq and sent home early from deployment welcome fellow 3rd Battalion, 3rd Marine Regiment, Marines and Sailors with open arms as they arrive home from a seven-month deployment in support of Operation Iraqi Freedom.

### Delta squadrons exchange aircraft

HAWAII MARINE

Cpl. James B. Hoke
3rd Marine Aircraft Wing

AL ASAD, Iraq — Marine Heavy Helicopter Squadron 463 turned over its CH-53D Sea Stallion helicopters to its replacement squadron, HMH-363, at Al Asad, Iraq, during the last few remaining days of its deployment. Both units are based out of Marine Corps Base Hawaii, Kaneohe Bay.

Since the aircraft were brought into action during Vietnam in the late 1960s, they have transitioned between several CH-53D squadrons throughout the Marine Corps.

"It's hard to say how long they've been with HMH-463," said Lt. Col. Randel W. Parker, commanding officer, HMH-463, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward). "These aircraft get swapped between squadrons often, but some of these aircraft have been part of MAG-24 — our parent Marine Aircraft Group in the United States — since 1975."

Through the transition of turning aircraft over from one squadron to the next, the

Marines of both squadrons have to inspect the entire aircraft from top to bottom.

"It's not like having your buddy take your car," said Parker, a 44-year-old native of Littleton, Colo. "These aircraft are more than just an airframe. They have engines and components on them that require logs to be made on their service life. Parts get taken off and on, and each part has its own unique service life."

The biggest element of an aircraft turnover is completing all of the paperwork and inspections that are required in order for the incoming squadron to accept the aircraft, said Cpl. Julio C. Rodriguez, maintenance administration clerk, HMH-463.

"There are about 50 to 70 components total," said the 22-year-old Dallas native. "There are some that have subcomponents. Each component on each aircraft has to be serialized. The components are also limited to hours, meaning there are a certain number of hours they can fly before they have to be changed. We have a checklist

that we pass out, and everyone ensures that everything is done on it.

"When we turnover, the accepting squadron needs to be able to look at any point in time and know what has happened to the aircraft and what needs to be changed," the North Dallas High School graduate continued. "It's really important for the safety of the aircraft to track everything so that they know how many hours a component has and when it needs to be changed. If the numbers are wrong on a certain component, it could be dangerous to the pilots and the crew."

Although the process of inspecting and serializing the aircraft can take several days for the Marines of various sections throughout both squadrons to complete, the aircraft turnover is still considered to be a superior method compared to its alternative.

"This is a lot quicker and cheaper than taking the aircraft back home and having the replacement squadron bring theirs out," said Cpl. Matthew A. Siegrist, flight line mechanic, HMH-463, and a

32-year-old native of West Plains, Mo. "It would exhaust a lot of funds if we had to break each aircraft down and put them in a C-5 (Galaxy) to get them home."

However, it won't be the first time these aircraft have switched between squadrons, and it probably won't be the last either.

"Over the life of one of these aircraft, it has probably been in every CH-53 Delta squadron," said Lt. Col. Allen D. Broughton, commanding officer, HMH-363, MAG-16, and a native of Lemoore, Calif. "There are a couple of these aircraft that were part of HMH-363 in the early '90s, as I have flown a few of them before."

With three of these aircraft closing in on 10,000 flight hours and several more approaching 40 years of service, the Marines become attached to them, having spent countless hours working, flying and accomplishing their missions on the aircraft.

"Something I have always said is what makes these planes work is 80 percent heart and 20 percent parts," said Parker, an Embry-Riddle Aeronautical University graduate. "These planes take on the personality of the Marines who fly them. You get to know how a plane flies, especially with the crew chiefs. It's their plane, and they know that plane. It's tough to give it up, but that's part of the business we do.

"These aircraft are old ing."

machines, but I think we've proven since we've been out here that even though they are the older aircraft in the Marine Corps, they will provide great support in this war against terrorism," Parker concluded. "These young Marines pour their blood and sweat into their jobs, and that is what keeps these aircraft flying."



Cpl. James B. Hoke

Staff Sgt. Donald West (left) watches the exhaust outlet of an engine on a CH-53D Sea Stallion as Cpl. Christopher M. Garrett sprays water through the air intake at Al Asad, Iraq, Oct. 6. West is a quality assurance representative, and Garrett is a CH-53D helicopter mechanic. Both Marines are with Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward). West is a native of Springville, N.Y., and Garrett hails from Belmont, Calif.



Cpl. James B. Hoke

Corporal Vigay D. Jacob, native of Hicksville, N.Y., inspects the top of a CH-53D Sea Stallion at Al Asad, Iraq, Sept. 26. During the turnover of the aircraft from one squadron to the next, Marines must go over each and every component on the aircraft, inspecting it, as well as finding the serial numbers to make sure they have been serialized correctly. This process takes roughly six hours per plane. Jacob is an avionics technician with Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward).

A-6 • October 13, 2006 Hawaii Marine

### Officials evaluate Enterprise AIRSpeed program

Lance Cpl. Edward C. deBree

Combat Correspondent

Approximately 35 Marine Corps and Navy officers from the Naval Aviation Readiness Integrated Improvement Program, Naval Air Systems Command, San Diego, visited Marine Aviation Logistics Squadron 24, Marine Aircraft Group 24, at the Marine Corps Air Facility Oct.

The officers conducted what they called a "boots-on-the-ground" tour of the facility in order to give representatives of NAVRIIP a better look at how well Enterprise AIRSpeed is working for MALS-24.

The AIRSpeed program is a system that ensures squadrons have the correct maintenance and support at the right time, said Capt. Leroy Sumter, AIRSpeed site officer, MALS-24.

This new program is made up of three components. The first is the "Theory of Constraint," which identifies problems in the system and goes through the steps necessary to make the process more efficient. The second is the "Theory of Lean," which reduces unnecessary waste in the system; and the third is the "Theory of Six Sigma," a tool that eradicates defects in the process.

"With AIRSpeed, we look at things from the customer's viewpoint," said Sumter. "This system is to maintain and increase operations at lower costs and more efficiently."

According to Sumter, the new system speeds up the process of getting the squadrons equipment and repair parts they need.

Marine Aviation Logistics Squadron 24 implemented the AIRSpeed program in nine months, rather than the 18 months the Naval Air Systems Command calls for. Because they were able to expedite the process NAVAIR recognized them by naming MALS-24 the most progressive MALS to implement the system.

During the boots-on-the-ground tour of MALS-24, the workers addressed problems they have faced, discussed improvements, and answered questions the officers asked.

"The purpose for the boots-on-the-



Lanco Col. Educard C. do Dro

Rear Adm. Pete Williams, Naval Air Systems Command, San Diego, talks with Sailors assigned to Marine Aircraft Group 24, Marine Corps Air Facility about the progress of the newly developed Enterprise AIRSpeed program. The officers conducted what they called a "boots-on-the-ground" tour of the facility.

ground tour was to allow flag officers to see our progress and address any problems that we have," said Sumter. "We've made achievements in training and innovations in the way we designed how this will work.

"They were pleased with our progress and our performance. That was a big plus for us," he continued. "They expect big

things from us."

Sumter said none of the success AIRSpeed has encountered would have been possible without the support from MAG-24; Command Patrol and Reconnaissance Wing 2; 1st Marine Air Wing; U. S. Marine Forces, Pacific; MALS-24 Commanding Officer Lt. Col. Robert A. Krekel, and the work of his AIRSpeed staff.

"The AIRSpeed team was the key piece in this whole project," said Sumter. "They're my sun, moon, stars. They're my everything. They are the guys who brought true success in making sure this took off. The CO (commanding officer) had been an advocate in getting us to this point in the past and present. He was always there to support us."

### ALLIED, from A-1

Olsen, the landing support chief for Combat Service Support Group 3.

"We train on the system at least once a month during NEO scenarios and are the most efficient with the system out of all III MEF," said Olsen. "This system is very efficient and speeds the process of evacuation greatly, as opposed to how Marines kept handwritten records for

"This system speeds up the process and gives the Department of State, area commander, and other DoD officials instant access to see the number of evacuees and even the names via Web access," he continued.

16,000 evacuees in

Lebanon."

Upon registration, an evacuee's name will be entered into a computer database, and they will be issued a bar coded bracelet. Once they are ready for evacuation,

Marines will take a bar-code reading again to begin out-processing from the Evacuation Control Center. This information is then updated via satellite on the Web.

The system has been used and proven for NEOs in Turkey,

The demonstration by CSSG-3 was just one of many exchanges of ideas and proce-

Saudi Arabia and Korea.

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dures to improve future NEOs. Jensen said, "At the conference's end, the hope is that we improve cooperation with the coalition forces to be better prepared for the next time."



Staff Sgt. Richard Olsen, landing support chief for Combat Service Support Group 3 and Sgt. Roy Gutierrez, landing support noncommissioned officer, demonstrate how the Noncombatant Evacuation Operations Tracking System works to allied forces representatives during a conference.

# LIFESTYLES

HAWAII MARINE B SECTION OCTOBER 13, 2006

# Band in tune with school's needs

Story and Photos by Cpl. Sara A. Carter

Combat Correspondent

HONOLULU — With only a week until the big home-coming football game, students who participate in the band program at Admiral Arthur W. Radford High School began to worry about the performance they had to give to their peers, teachers

and families Sept. 29.

Two months ago, the school's band director moved back to the mainland with his wife who is in the military, leaving the students without a teacher, said Staff Sgt. Tracy Martinez, enlisted conductor, U.S. Marine Forces, Pacific Band. The students had a substitute during this time, but she was not a music teacher.

A member of the school

staff sent an e-mail to the Navy and Air Force bands asking for assistance during the week before the big football game, but because of prior commitments neither were able to help.

According to Martinez, the school asked the Navy and Air Force first because they are located closer to the school than the Marine band. However, when they were unable to get help from the Navy and Air Force, they turned to the Marines.

"We had the time and the people," Martinez said, "so we came out."

Martinez, along with six other Marines from the band,

worked with the students for two hours every day until the night of the big game.

The students started the week by practicing an array of songs they would have to perform and gradually learned the basic fundamentals of marching.

Many of the students, most of them freshman, had never marched before, so when the group was able to pick up the steps fairly quickly, the enlisted conductor and his Marines were impressed.

"What they have done in a week is amazing," Martinez said. "A lot of what we have taught them this week is what

they usually learn during their three-week-long band camp. They have done three weeks of work in five days."

A Marine from the U.S. Marine Forces, Pacific Band marches with band students from Admiral Arthur W. Radford High School in Honolulu Sept. 28. Seven Marines from the band spent a week at the school preparing the

group for their homecoming football game performance Sept. 29.

Corporal Kevin Potts, percussionist, agreed with Martinez and said the students have improved a lot since they started working with them.

The students, who really haven't been able to play and learn music for the last two months, said they enjoyed having the Marines for the week.

"We are very grateful that they took the time to come out and help us," said 11th grader Maxwell Balayan, drum major. "We sound better and have learned a lot in a short amount of time."

Balayan said they started practicing once they received the news that the Marines were going to come and help them out.

After the week of training with the Marines was complete, it was time to show the rest of the school all of the hard work they had done during the homecoming.

Some of the Marines who helped during the week went to the game for support and played in the bleachers with the students.

Many of the students expressed their desire for the band to stay longer and continue to teach them.

"I want them to be our band teacher," Balayan said, smiling.

Martinez said he wishes he and his Marines could come every day, but they can't. However, the week of working together sparked a new relationship with the school. Because of the newfound friendship, Martinez said he is going to try to bring a group of Marines to the school at least twice a month to check up on the band.

The MarForPac band also works twice a month with the band students at Castle High School in Kaneohe and Kalaheo High School in Kailua.



A student watches in amazement as Cpl. Kevin Potts, percussionist for U.S. Marine Forces, Pacific Band plays his version of the theme song for the Mario Brothers game on the tenors.



Corporal Ryan Morris claps a rhythm while students from Admiral Arthur W. Radford High School in



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### MCCS Briefs

www.mccshawaii.com

#### Kahuna's **Recreation Center 254-7660/7661**

Primal Tribe is tonight's regular live entertainment starting at 8:30 p.m.

Monday Night Football pre-game begins at 6:30 p.m. Doors open at 6 p.m. Watch the game on Kahuna's multiple plasma screen televisions. Offered during game time only are 25-cent wings and logo glass special.

Kahuna's Oktoberfest begins at 4:30 p.m. on Oct. 13. The annual event includes traditional beer and German bratwursts, sauerkraut, chicken schnitzel and potato salad. The Real Deal, an authentic polka band, will perform from 5 to 7

**Ultimate Fighting Championship 64** will feature Franklin vs. Silva, tomorrow, live on Pay-Per-View at Kahuna's Recreation Center. Doors open at 3 p.m.

Kahuna's Recreation Center and Lava Java is now serving fresh sausage, ham and egg bagel sandwiches from 6:30 to 10:30 a.m. daily.

#### **Staff NCO Club** 254-5481

Tonight's Membership Wrap-Up Party will unveil the winning unit of the SNCO Membership Drive. Complimentary pupus will be served starting at 4:30 p.m. with awards presentation to follow.

Wednesdays mean Wing Night starting at 4:30 p.m. Cost is 35 cents a wing for those who dine in. Rocker Room grill menu items are available at 5 p.m.

#### The Officers' Club **254-7650**

Today's Pasta Lunch Buffet is offered from 11 a.m. to 1 p.m.

Mongolian Barbecue is offered Wednesdays and Fridays at 5: 30 p.m. in the Lanai Ballroom. Present your card for member discount. Reservations are recommended.

Family Pasta Night is Thursday from 6 to 8 p.m. The buffet is similar to the Pasta Lunch Buffet and includes a chocolate fountain.

#### **Ongoing**

Tiki Island fun park features two 18-hole miniature golf courses, bumper boats, batting cages, and a concession stand.

Call 254-5481 for more information.

### **All Hands**

"Flags of Our Fathers." The Base Theater will feature a sneak preview of "Flags of Our Fathers" tomorrow. Free tickets will be distributed on first-come, first-serve basis. Patrons will be admitted in following priority based on space: Active duty service members assigned to Marine Corps Base Hawaii and their families, active duty service members assigned to other bases on Oahu and their family members, retirees and their family members, and Department of Defense civilians and their families and authorized guests. Theater seating capacity is 850.

The movie starts at 6:30 p.m., but patrons should show up at 4:30 for tickets that will be issued to the first priority patrons wating in line. Doors will open at 5 p.m.

For questions or for more information, call Deborah Bruns at 254-7664.

The Veterinary Treatment Facility is holding a Halloween Pet Photo Contest now through Oct. 31. Submit up to three 4" by 6" photos of your pet(s) dressed in costume. Drop boxes are available at: The Commissary, Pacific Command's Food Court, the Veterinary Treatment Facility, the Marine Corps Exchange Annex and the Marine Corps Community Services Marketing Office. Photos will be judged in three categories: Most original, scariest and cutest costume(s).

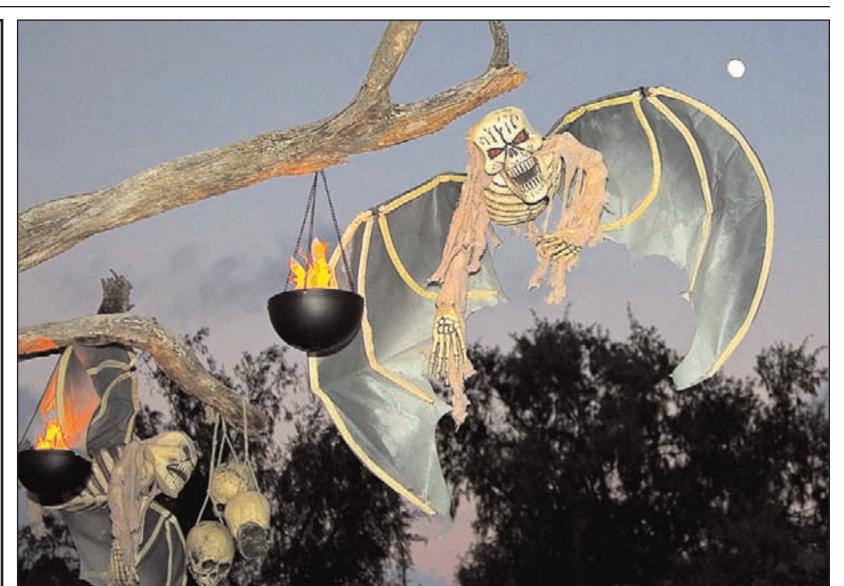
Call 257-3643 for more information.

The Transition Assistance Program Seminar will be held Monday to Thursday in Building 279, second floor, from 8 a.m. to 4 p.m. The next TAP class will be conducted Oct. 30 to Nov. 2. This seminar is open to service members who are within one year of separation from the

Call 247-7790 for more information.

A Toyland Event will take place at the Marine Corps Exchange Annex with a special appearance by Hello Kitty on Wednesday from 9 a.m. to 9 p.m.

Call 254-7616 for more information.



### Bellows Air Force Station's Eighth Annual Boo Fest to feature various rides, attractions

Bellows Air Force Station will have its Eighth Annual pre-Halloween and much more. This year Bellows is expecting 4,000 patrons. Festival Oct. 13 and 14 from 6 to 10 p.m.

Rides and attractions include Duck of Doom, Rock Wall of Terror, Boogedy Bungee Trampoline and Bellows Manor.

Activities include color hair spraying, face painting, costume contest

Presale tickets are available at Marine Corps Base Hawaii, Bellows,

and Hickam ITT offices.

For more information, call 259-4112 or e-mail joshua.dial@hickam.a



### Free Bicycle Rodeo returns to K-Bay

Mike Gonzalez navigates the beginning portion of the cone-lined course during last year's Bicycle Rodeo. This year Marine Corps Base Hawaii's Base Safety Center in coordination with the Hawaii Bicycling League will be hosting a free Bicycle Rodeo Saturday from 10 a.m. to noon at the Child Development parking lot next to the Marine Corps Exchange for everyone on base. The rodeo is the perfect opportunity to learn about safe bicycling and helmet, bicycle and traffic safety

For information call 257-1830.

### Kahuna's celebrates its Fourth Anniversary Hawaiian style

Laeleya S. Saludez

Marine Corps Community Services

The always bustling Kahuna's Sports Bar & Grill pulled out all the stops for its Hawaiian themed Fourth Anniversary Party Sept. 29. The party began at 4:30 p.m. with lei greeters and hula performances from the men and women of the acclaimed Halau O Na Pua Kukui under the direction of kumu hula Ed

According to Kahuna's manager Alexis Swenson, more than 250 active duty military and civilian guests took part in the festivities that continued until 2 a.m.

"The anniversary party was time to celebrate camaraderie and fun, but also a time to remember those who could not be with us ... those who lost their lives in Operation Enduring Freedom," said Swenson.

As guests entered, they were greeted with warm smiles and given shell and flower leis. The first 150 received gift bags courtesy of

In addition to live music and the traditional Hawaiian ambience, guests were treated to a free buffet of island delicacies that included kalua pork and cole slaw sandwiches in sweet Hawaiian rolls, chicken wings with sweet chili sauce, beef stew, fried mahi mahi sticks with aioli sauce, homemade chicken quesadillas, poi, lomi lomi salmon, tomato with shrimp and cucumber canapés, potato salad, and German chocolate cake.

At 6 p.m., Swenson began to raffle off a variety of prizes donated by local vendors.



The graceful dancers of the acclaimed hula Halau Na Pua O Kekui take center stage at Kahuna's Fourth Anniversary Party held Sept. 29 at Kahuna's Sports Bar & Grill. According to Kahuna's manager Alexis Swenson, the all-night event was not only time for camaraderie and fun, it was also time to remember and honor those who lost their lives in operations Iraqi Freedom and Enduring Freedom.

The night of the anniversary party was also Bosses' Night at Kahuna's from 4:30 to 6:30 p.m., which allowed E1s through E5s to share laughs and food with their bosses while playing pool, or taking in the entertainment.

The ambience was reminiscent of old Hawaii with decorations, flowers and candlelight that added a touch of class and a bit of romance to the festivities.

As the evening progressed, DJ music played in the sports bar while the rest of the party drifted outside where the popular band Analog played under party tents and glowing

### Movie Time:

Prices: Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons wait-

ing in line, then second and third priority patrons.

tometer wanding, audience scanning with night vision goggles during screening.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magne-The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Accepted (PG-13) Snakes on a Plane (R) Flags of Our Fathers (R) Beerfest (R) How to Eat Fried Worms (PG) Accepted (PG-13) Snakes on a Plane (R) World Trade Center (PG-13) Idlewild (R)

Today at 7:15 p.m. Today at 9:45 p.m. Saturday at 6:30 p.m. Saturday at 9:45 p.m. Sunday at 2:00 p.m. Sunday at 6:30 p.m. Wednesday at 6:30 p.m. Friday at 7:15 p.m. Friday at 9:45 p.m.

### Volunteers recognized in award ceremony

Cpl. Sara A. Carter

Combat Correspondent

If a person sat and thought about how much he or she could do in 1,000 hours, he or she could probably come up with an endless amount of activities to participate

Some might choose to participate in outdoorsy events while others might choose to create crafts or hang out with family. But for one individual, her free time is spent volunteering at the Navy-Marine Corps Relief Society office on Marine Corps Base Hawaii, Kaneohe Bay.

In a quarterly awards ceremony held Sept. 29

at Cisco's Cantino in Kailua, Christina "Chrissy" Harlow was recognized for volunteering 1,000 hours to the relief society.

Harlow, a stay-at-home mom, said she started volunteering in 2004 for the NMCRS because it was a good opportunity to get experience under her belt, and because the society provides daycare during the hours she volunteers.

The mother of one spends three days a week doing volunteer work, and also attended college where she earned a bachelor's degree in Science and Occupational Education.

"I started doing this, because I could still get experience and go to school," Harlow said. "If I needed to take a day off, the office was really flexible."

Harlow also said that volunteering for NMCRS is a good thing to do while her husband, who is assigned to Patrol Squadron 9, is deployed because it keeps her mind off of things.

"Chrissy has worked very hard for this award. She wanted to earn her 1,000 hours before she and her husband rotated off the island this December," said Patricia Perry, director, NMCRS, MCB Hawaii.

During the two years she has been a volunteer for the society, Harlow has been chairman of receptionists. Two of the additional duties she has been given are trainer for new volunteers and trainer for reception-

In April 2005, Harlow was named Volunteer of the Quarter and Volunteer of the Year.

Harlow said there are many reasons why she has invested so much time volunteering

"I love helping our service members, and you make new friends," she said, "It's like

you have another family here." Harlow was not the only volunteer who was recognized at the Sept. 29 ceremony. Beth Cooling, chairman of volunteers, NMCRS, was awarded the Navy-Marine

The NMCRS presents a number of awards throughout the world to volunteers. The two highest awards are the Superior Award and

Corps Relief Society Meritorious Award.



Beth Cooling (left), chairman of volunteers, Navy-Marine Corps Relief Society; Christina Harlow, chairman of receptionists; NMCR; and Patricia Perry, director, NMCRS; pose for a photo after the NMCRS Quarterly Awards Ceremony Sept 29. Cooling was awarded the Meritorious Award and Harlow was awarded for volunteering 1,000

the Meritorious Award.

"In my 45 and a half years with the society, I have given out two Superior Awards and two Meritorious Awards," Perry said. "It is a great honor to give this to her."

Cooling, who has volunteered for the nonprofit organization since September 2004, said she didn't know many people when she and her family moved here in June 2004. She said volunteering has allowed her to make many new friends.

In past years, Cooling has volunteered at the schools her children attended, but after realizing that the schools had more than enough parents to help, she has dedicated most of her time to the society.

"I wanted to do something different," Cooling said. "I enjoy educating people on how to manage their money."

In April, Cooling was named MCB Hawaii Volunteer of the Year.

"Beth has inspired all of us at the Kaneohe office by her example of being strong during (3rd Battalion, 3rd Marine Regiment's) deployment," Perry said. "Beth continues to be a role model for the Marines and Sailors and the families she is involved

Cooling, who's husband is the commanding officer for 3/3, said she finds volunteering for the society helps to keep her mind off of her husband's deployments.

At the Sept. 29 award ceremony, Cooling, whose husband returned from Iraq Oct. 5, was surprised when two Marines from her husband's unit presented her with her

"Beth was very surprised and very happy," said Perry. "I only wish that her husband Norm could have been here.

Although she and her husband are leaving the island soon, Cooling said she plans to continue her volunteer work with the society once they reach their new duty station.

"This is a great opportunity for young mothers to learn computer skills and have adult conversations - away from the children," Perry said.

For more information about the Navy-Marine Corps Relief Society or on how to volunteer, call 257-1972 or 257-1973.

### ON THE MENU

### AT ANDERSON HALL

#### Friday

Lunch Grilled rib-eye steak

Boiled king crab legs

Rice pilaf

Corn on the cob Green beans creole

Sauteed mushrooms and onions

Garlic cheese potatoes

Shrimp cocktail

Manhattan clam chowder

French onion soup

Brown gravy

Cornbread Chocolate chip cookies

Vanilla cream pudding Cherry/orange gelatin

Dinner

Chili conquistador Chicken cacciatore

Burritos

Refried beans

Spanish rice

Simmered corn

Green beans

Taco sauce

Desserts: Same as lunch

#### Saturday

Dinner

Pork roast

Chicken cordon bleu

Mashed potatoes

Boiled egg noodles Simmered broccoli Polonaise

Simmered succotash

Chicken gravy

Boston cream pie

Shortbread cookies

Yellow cake w/butter cream

Vanilla/chocolate cream pudding Lemon/raspberry gelatin

#### Sunday

Dinner

Oven roast

Honey glazed Cornish hens

Rice pilaf

Savory bread dressing

Asparagus w/hollandaise sauce

Simmered squash Creole Brown gravy

Pumpkin pie

Oatmeal cookies Devil's food cake

Vanilla/chocolate cream pudding Strawberry/lime gelatin

### Monday

LunchBeef stew

Baked fish fillets

Baked macaroni & cheese

Wild rice French fried okra Buttered corn

Cream gravy

Pecan pie

Chewy nut bars Spice cake w/butter cream frosting

Vanilla/chocolate cream pudding Lemon/strawberry gelatin

Specialty bar: Pasta

Dinner Veal Parmesan

Braised pork chops, bone-In

O'Brien potatoes Peas with onions

Spaghetti Marinara sauce

Mixed vegetables

Mushroom gravy Desserts: Same as lunch

#### Tuesday

Lunch

Barbeque chicken Battered fish portions

Steak fries

Simmered corn Simmered asparagus

Chicken gravy

Sweet potato pie

Double chocolate chip cookies Yellow cake w/chocolate chip

Vanilla/chocolate cream pudding Cherry/orange gelatin

Specialty bar: Taco & Deli

Dinner Turkey ala king

Salisbury steak Parsley buttered potatoes

Glazed carrots Club spinach

Brown gravy

Desserts: Same as lunch

Lunch

Grilled cheese sandwich

Simmered pinto beans

Turley gravy

Peanut butter cookies

Vanilla/chocolate cream pudding

Lemon/raspberry gelatin

Meat loaf

Mashed potatoes

Cauliflower combo

Broccoli w/cheese sauce

Swiss steak w/brown gravy

Rice pilaf Oven browned potatoes

Corn on the cob Simmered peas & carrots

Blueberry pie

Brownies White cake w/lemon cream frosting

Lime/cherry gelatin

Beef Yakisoba

Sweet & sour pork

Steamed rice

Chicken gravy

Desserts: Same as lunch

#### Wednesday

Chili macaroni Roast turkey

Mashed potatoes

Simmered mixed vegetables

Cheesecake w/cherry topping

Peanut butter cake w/peanut butter

frosting

Specialty bar: Hot dog & sausage

Dinner

Pork ham roast

Tossed green rice

Brown gravy w/mushrooms Desserts: Same as lunch

#### **Thursday**

Lunch

Chicken Parmesan

Brown gravy

Vanilla/chocolate cream pudding

Specialty bar: Deli & hot sandwich of

Dinner

Shrimp fried rice

Simmered broccoli

the day

Fried Cabbage w/bacon

### School Liaison Officer ensures best for all

**Christine Cabalo** 

Photojournalist

Amy Madsen is usually a parent's first call when families come to Marine Corps Base Hawaii, Kaneohe Bay.

As the base School Liaison Officer, she helps military families and Hawaii school officials ensure the best education for children.

"I empower families with current information on how to navigate the Department of Education system because it's different in every state," said Madsen, who was previously a Marine Reservist and with an overall nine years in the Corps.

Madsen said doing her job provides the parent with the tools to be his or her child's best advocate. Though Madsen previously held the position before it officially became a civilian billet in October 2005, she reapplied and was interviewed along with other qualified candidates.

Working as the SLO since 2004, Madsen became a civilian employee after her discussions with former MCB Hawaii Commanding General Brig. Gen. George J. Trautman III. She advised Trautman that because a SLO could be in contact with the same school administrators and principals

for years, permanency was important. Those relationships are key in resolving conflicts that base families and local school officials may have.

Madsen said, "To have this school liaison position rotating every six months just would not be as effective as if it would be a more permanent position – either an active duty Marine or a civilian."

Her work involves coordination with Mokapu Elementary School and other Oahu schools that have high populations of students who are in military families and move often.

Families who live abroad and have orders to come to MCBH can contact her to find out what paperwork they may need for the Hawaii school system. Though Madsen makes an effort to network and offer her services to schools as far North as Kahuku, the majority of her work is with Windward Oahu schools.

"She regularly attends principal meetings," said Suzanne Mulcahy, principal at Kailua Intermediate School and one of the school administrators whom Madsen assists.

"It's not unusual to see her at a school event; it's unusual not to see her there."

Mulcahy noted parents

Christine Caba

Amy Madsen, Marine Corps Base Hawaii, School Liaison Officer, takes a moment from her busy schedule to pose for a photo. As the Base SLO, Madsen helps military families navigate Hawaii's local school system. In office since 2004, her duties include managing the Adopt-A-School Program and assisting families register their children for local schools.

could call their children's school directly if there are issues and that some are comfortable enough to talk to Madsen first. She said having Madsen as the school liaison officer is great because her mediating skills free up the

school for other important tasks. As a person Madsen is very down to earth and enthusiastic, as well as being a great bridge among schools in Kailua, said Mulcahy.

"She's been a tremendous help to us," said Mulcahy. "The position in and of itself was set up to offer support. She's been able to share with us what it's like to be a Marine."

Madsen has given insight through special classes about the military for new DOE teachers in addition to specific information about the history of the base. Offering information that flows both ways is important, noted Madsen. She said the key is having Hawaii schools understand what the situation of the base is in deployments. of Madsen stressed this included quantifiable educational effects as well as what emotions families are feeling during these potentially long periods.

"I always encourage the families when they do get here to embrace the Hawaiian culture and get as involved as they can," said Madsen. "Try to step outside. Get involved in hula or paddling. Just the history alone on this base is phenomenal, in terms of archaeology."

In addition to offering information and being a mediator, her duties include managing the Adopt-A-School program that seeks to improve schools using Marine and other military resources. She

also encourages and recruits Marines for the program's yearly activities including in construction and repair of school infrastructures as well as offering voluntary school tutors. To further help military families in adjusting to Hawaii schools, she is working with Windward schools to begin an educational transition center for children.

Madsen noted establishing these centers is important because ultimately her goal is to make sure children have a smooth transition from one place to another. In every effort, Madsen said she hopes for feedback from families about how education can be better.

"A lot of those vocal parents that express challenges to me are the ones that I look to," said Madsen. "What's the heartbeat of the parents? What are they saying? Because that gives me an idea of what direction I need to go in."

Parents who have questions about education in Hawaii can visit Madsen in her offices at G-1 in Building 216, Room 63.

For more information about school liaison officer services visit: http://www.mcbh.usmc.mil/g1/school\_liaison.htm or e-mail Madsen at Amy.Madsen@usmc.mil.

### Marine earns citizenship while serving country in Iraq

Sgt. Roe F. Seigle

1st Marine Division

**HADITHA DAM, Iraq** — Lance Cpl. Chuk Choi has wanted to say "I'm an American" for almost 20 years.

Now the 21 year-old from Yakima, Wash., finally can.

Choi, a food service specialist assigned to 3rd Battalion, 3rd Marine Regiment, known as "America's Battalion," became an American citizen during a citizenship ceremony Aug. 29 at Balad Air Force Base in Iraq.

The 3/3 Marine returned to Haditha the same day he became a citizen in order to finish the final leg of his sevenmenth deployment with his fellow Marines whom he had deployed with to Afghanistan last year.

"I am proud to be a citizen of the country that liberated my ancestors in Korea many years ago," said Choi, a week after becoming an American citizen. "Many brave warriors died to keep Korea free from communism, and I would be glad to fight for America, even if I could not become a citizen.

Choi left Taegu, Korea, and came to the United States with his parents when he was 2. For Choi and his parents, America was a place of opportunity where everybody has equal rights regardless of their race.

A year after he graduated from A.C. Paris High School in 2002, Choi decided he wanted to do something challenging with his life and did not want to end up like a lot of his peers who were using drugs and involved with criminal street gangs.

Choi said he researched all of the branches of the military and initially planned to join the Army, but quickly changed his mind when he met a Marine Corps recruiter and learned that the Marine Corps was the most disciplined and well trained branch of the American armed forces.

"I was told all I needed to become one of the 'few and the proud' was a lot of heart and motivation," said Choi. "My father was in the South Korean Marine Corps, and I wanted to follow in his foot steps here in America."

The 3/3 Marine said he left his family

and his civilian life behind and began his four-year journey in the Marine Corps at the Marine Corps Recruit Depot, San Diego. Eventually, he was assigned to 3/3, but before he deployed to Afghanistan with 3/3, his mother urged him to seek citizenship.

Although Choi wanted to fulfill his lifelong dream of becoming an American citizen, he did not immediately begin the process to become a naturalized citizen. Instead, he focused on bettering himself as a Marine and preparing for his first combat deployment to Afghanistan where he served as a combat cook and was frequently exposed to enemy indirect fire.

"I feel I showed my dedication to my country when I went to Afghanistan as a non-citizen," said Choi. "I found out in Afghanistan that I could get my citizenship request expedited, but I was more focused on completing the deployment and returning home."

When Choi returned to Hawaii from Afghanistan, he met the woman who he later married in February, just one month before he deployed to Iraq where

he served in support of Operation Iraqi

Choi then began the process for citizenship through the United States Citizenship and Immigration Services.

According to Capt. Joshua Girton, the judge advocate assigned to 3/3, any service member on active duty can expedite their citizenship request through USCIS because of their military status. If Choi had not been on active duty, the process could have taken as long as five years or more. Girton also noted that active duty service members are also exempt from paying the fees required to have their citizenship packages reviewed by LISCIS

Choi's paperwork was submitted and finalized by the USCIS during 3/3's deployment to Iraq. This permitted him to participate in a naturalization ceremo-

ny in August, said Girton, 30.

"These Marines who are serving and defending our country deserve to be citizens of it," said Girton. "There are numerous Marines in the battalion who are beginning the expedited process to get their citizenship while

they are here in Iraq."

Corporal Gustavo Serpa, 23, who was born in Lima, Peru, is currently serving as team leader for Lima Company in Barwana. Before coming to Iraq, Serpa said that although he wanted to become a citizen like Choi, he was more concerned with preparing and leading his Marines into combat. However, when Serpa returns to Hawaii, he said he will start the process of becoming a natural-

Serpa is a veteran of Operation Enduring Freedom. Earlier this summer, Serpa was leading his Marines through a market place along the Euphrates River in Barwana when he was wounded by a sniper's bullet. The Kevlar helmet he was wearing saved his life, he said.

Now that Choi has returned to Hawaii, he said he will leave the Marine Corps' active duty ranks next year for college where he will pursue a career in teaching high school students.

"I will be proud to say that I served in the Marine Corps and brought honor to my family's name," said Choi. "And I am also proud to be an American."



ourtesy photo

"I think SOI East will be

good for me because I'll be clos-

er to home, and I will be able to

get my 'B' billet taken care of,"

said Wilson. "I'm also thinking

of one day putting in a

MECEP (Marine Enlisted

Commissioning Education

Program) package. I'm not

made the decision to enlist

because he knows he is a differ-

ent person from the one he

would have been had he had

to your leadership and train

hard," said Wilson. "It's all def-

initely been an experience so

far and one that I plan on con-

"All you have to do is listen

Wilson said he is happy he

sure yet."

attended college.

tinuing for awhile."

Sergeant Mark D. Wilson, squad leader, Lima Company, 3rd Battalion, 3rd Marine Regiment, sits in Barwana, Iraq, during his deployment with 3/3 in support of Operation Iraqi Freedom.

### Squad leader enjoys Corps challenges

Operation Iraqi Freedom. The

now over there than it was

when it first started," he said.

"But being over there made me

realize how much we take little

things for granted. I have a dif-

ferent outlook on things now."

talk with family and his wife

helped him to get through the

there, but we did great things in

Iraq, and I would go again if

ing to leave Hawaii in January

to be an instructor at the School

of Infantry East in North

given the opportunity."

deployment.

Wilson said being able to

"It was hard at times out

Wilson is currently prepar-

"It's a different type of war

battalion returned last week.

Cpl. Michelle M. Dickson

Combat Correspondent

For a high school student who had plans for participating in the Army Reserve Officer's Training Corps, the Marine Corps was not his original choice. Joining the Corps was a decision he made after Sept. 11, 2001, and one Sgt. Mark D. Wilson, squad leader, Lima Company, 3rd Battalion, 3rd Marine Regiment, said was the right decision.

Growing up in Pikeville, N.C., Wilson attended Charles B. Ayock High School where he played football and ran track. No one in his family was in the military, but Wilson said he always thought he might take the military path.

"When I was a senior in high school, I planned on joining Army ROTC," said the 22-year-old. "Then 9/11 happened, and I didn't want to have to wait four years to get into the fight.

I went to the Marine recruiter and knew this was where I needed to be. I knew I'd be on the frontlines, so in August 2002, I went to boot camp."

Wilson went to Marine Corps Recruit Depot, Parris Island, S.C., and graduated three months later.

"It wasn't too difficult down there. It felt like football practice all the time," said Wilson.

In February 2003, Wilson checked into Lima Company, 3/3, and immediately took part in the super squad competition here – an experience he said made him realize he made the right decision to join the Corps.

"It was challenging right off the bat, but I was learning so much, and it was a good challenge," said Wilson. "Since then I've been a lot of places with Lima Company and just keep learning."

Wilson's most recent deployment with 3/3 was in support of

### Sailor reaches his ultimate goal

Lance Cpl. Edward C. deBree

Combat Correspondent

Marines and Sailors work hand-in-hand once they go to their new duty station.

For one Sailor assigned to Marine Aviation Logistics Squadron 24, Marine Aircraft Group 24, working with Marines is all that he wanted.

Petty Officer 1st Class Michael D. Seely, production controller, MALS-24, MAG-24, enlisted into the military in October 1993, but his contract wasn't originally for the U.S. Navy.

"I actually had a contract with the Marine Corps for 93 days before I switched over to the Navy," he said.

Seely said he wanted a job in the aviation field, but when his orders for school came through they were for infantry, a job he didn't want to do.

Ever since his junior year of high school, Seely wanted to join the Marine Corps to follow his father and uncle's footsteps. His uncle fought in the Korean and Vietnam conflicts, and his father was in Vietnam.

"The reason why I wanted a job in the aviation field was because my father was an aviation power plants mechanic instructor, so I grew up around aviation and that's what I wanted to do," said the native of Dunnellon, Fla. "When it didn't work out between me and the Marine Corps, I immediately went to the Navy's recruiting office because I was in the NJROTC (Naval Junior Reserve Officers' Training Corps) in high school. Five days after signing the contract with the Navy, I was on my way to boot camp in Orlando, (Fla.)."

Since joining the Navy, Seely has been stationed in Virginia, Maryland, Florida' and Diego Garcia (located in the Indian Ocean), before coming to Marine Corps Base Hawaii to work alongside the Marines of the Corps he wanted to join.

Seely said that his orders said he was going to be assigned to Command Patrol and



Lance Cpl. Edward C. deBro

Petty Officer 1st Class Michael D. Seely, production controller, stands in front of the doorway to Production Control at Marine Aviation Logistics Squadron 24's Hangar 375. Seely once joined the Marine Corps but transfered to the Navy in order to pursue his dream job in the aviation field.

Reconnaissance 2 but had no idea he would transfer over to MALS-24 to work directly with Marines.

"We work in a joint command here, and learning the two different cultures of the Marine Corps and Navy is challenging and rewarding," said the 33-year-old. "It's challenging because you have two different cultures that work together every day, and you have to deal with the difference between the Marine Corps and Navy. The rewarding part is that we make it work and get what needs to be done."

The Dunnellon High School graduate said he plans on staying in the Navy until he can retire, because he loves everything about his job.

"The pension that we get when we retire is not why you should stay in for the 20 years," he said. "I truly enjoy doing my job. I love passing on the knowledge that I have to the junior Marines and Sailors and giving them advice on life, to better themselves."

Seely's enthusiasm toward work has not gone unnoticed by his superiors.

"He's one of my newer controllers, and he's kind of getting into the groove of things here,"

said Capt. Leroy Sumter, production control officer, MALS-24, MAG-24. "He's very eager to learn the new programs that we have and he has the right initiative to get things done, and that stands out."

There are two goals that Seely wants to reach before his time in the Navy is finished. He wants to be promoted to chief petty officer, and he wants to get a degree in Aeronautical Management.

One experience he wanted to have while in the Navy is to travel around the world – which he has done several times.

Seely has been on four shipboard deployments to the Mediterranean with stops in France, Italy, Spain, Greece, Turkey, the United Arab Emirates, Israel, and Egypt. When he was assigned to Patrol Squadron 47 in Florida, he made a tour around Africa

"I've been and seen places people only dream of," said the aviation electrician's mate. "If it wasn't for the Navy, I'd still be in my small town doing nothing. I'm going to stay in for my 20 years, because I've invested a lot of time into it to quit now. I love my job, and I love being a Sailor. I'll be a Sailor the rest of my life."

### Family prepares for husband's, dad's return

Cpl. Sara A. Carter

Combat Correspondent

A blond hair, blue-eyed, 6year-old boy lies on the couch watching cartoons while his 2year-old sister, who looks identical to her big brother, plays with the family dog and occasionally glances to the television to see what is on.

Although it is difficult to tell by the way they are relaxing while waiting for their mom to tell them its time to leave, they know it's a big day - daddy is coming back from Iraq.

Their mother, Kerri Wilson isn't as calm as her children. She anxiously cleans items off of her counter, and then walks back and forth from the kitchen to the living room, trying to find things to keep herself busy. She picks up the phone to call a couple of other Marine wives to let them know their husband's flight will arrive at 11:15 a.m. vice 11:45.

"I'm so nervous," the blueeyed woman said as she rubbed her stomach. "I can't sit down. I get anxious."

October 5 was the day Kerri and her children had been waiting seven months for. That day her husband Sgt. Adam Wilson, who is with Lima Company, 3rd Battalion, 3rd Marine Regiment, is scheduled to return to the island.

There were three flights that brought 3/3 Marines home from Iraq last week. One arrived around 8 p.m. Oct. 4 and one arrived in the early morning hours of Oct. 5. Kerri was at all three of the arrivals.

"I only got about two hours of sleep last night," she said laughing. "I got up at 5 a.m. and was dressed and ready to go by 6 a.m. I was waiting for everyone else to wake up so I would have someone to talk to.

"Time is flying by though," she said. "I am trying to keep

Kerri had some company during her last couple of days of counting down. Adam's parents Tim and Malia Wilson and his Uncle David "Dave" Wilson flew in Sept. 29 to be here for the homecoming.

As the children snacked on some crackers, Kerri and her father-in-law stood in the kitchen reminiscing about Adam's time in Iraq.

"This time it was harder," Tim said. "When he was in Afghanistan he seemed safer."

As Kerri listened, she nodded her head in agreement.

"When you get the call that someone died, then you get the call that he is OK, it's bittersweet," Tim said somberly. "You are glad your son is OK, but you know that someone else has lost their son."

"It broke my heart when a Marine from his unit died." Kerri added. "I'm done. Three deployments in three years ... I'm done."

Kerri said her children are done too. She said her son Carter carries around a Bible the camouflaged type that are usually given to Marines at boot camp. His father gave it to him before he left on deployment.

"He sits and reads it like he knows what it says," she said. "One day he looked at me and said, 'I want Daddy to come home.""

This deployment was nothing new for the Wilson's. This is the second deployment Adam has been on with 3/3 since arriving in Hawaii two years ago. He was in Afghanistan from November 2004 to June 2005, and then went to Iraq in March.

Adam also deployed to with 1st Fleet Bahrain Antiterrorism Security Team from Norfolk, Va., from November 2003 to May 2004.

Glancing to the clock on the wall, Carter said "small hand on the 10, little hand on the three."

"That's right," Kerri said. "When the small hand is on the 10 and the little hand is on the three, that means we are going to leave."

Since the plane was scheduled to land at 11:15 a.m., Kerri



Carter Wilson, 6, looks through a fence for his father's plane. Sgt. Adam Wilson returned Oct. 5 with fellow Marines with 3rd Battalion, 3rd Marine Regiment, from a seven-month deployment to Iraq in support of Operation Iraqi Freedom.

wanted to get the family to the hangar an hour early.

The time seemed to tick by slowly. Carter gave up on the cartoons and put on his helmet so he could go outside and ride his skateboard, while Molly again began to wrestle with the dog.

"It's been hard," the home daycare provider said. "But, I am lucky. I have a wonderful husband who knows it is hard for me too. When he calls, the first thing he asks me is how I am doing."

At a little after 10 a.m. Kerri couldn't sit still anymore, "Let's just go now."

The family made their way to the hangar. Banners welcoming the troops home lined the inside, and chairs were already beginning to fill with excited people who were waiting for

their loved ones to arrive.

As the family of six walked into the hangar, Carter and Molly ran immediately for the bounce house and began to play while Kerri spoke with a couple of wives she knew. Malia watched her grandchildren as they played.

As they waited in the hangar, they heard that the fight was landing later than expected. Disappointed, Kerri tried to find people to talk with to make the time go by faster.

"It doesn't feel real yet," Kerri

An hour passed, and the family moved to the front of the hangar and stood waiting for a sign that the plane was in the area. The sound of the U.S. Marine Forces, Pacific Band echoed in the back-



Sergeant Adam Wilson catches up with his 6-year-old son Carter as his wife Kerri and daughter Molly look on during Lima Company's 3rd Battalion, 3rd Marine Regiment return Oct. 5.

"Come on half hour," Kerri said tenselv.

Uncle Dave held a camera and Tim a camcorder. They all continuously looked at the sky for the plane. Off in the distance, a white plane could be seen turning toward the base.

The crowd erupted in cheers. Some began to cry while others clapped. Kerri looked to the sky, smiled and wiped tears from her

"Finally," she whispered.

She leaned down and picked up Molly so she could see.

The Marines exited the plane one by one. Kerri, Tim, Malia, Uncle Dave, Carter and Molly looking for Adam.

"Is that him?" Kerri said pointing to a Marine and looking at her mother-in-law.

"I don't know. I can't see if it's him," Malia responded.

Then he appeared out of the crowd of Marines. Smiling, he walked over to the fence that was keeping the crowd from running onto to the flight line.

He leaned over the fence as he hugged and kissed his wife and grabbed his son. He hugged Carter tightly as he made his way through a sea of

scanned the sea of Marines Marines to the inside of the fence where he was able to greet his family.

> Kerri met him at the entrance of the fence. Adam held Carter in one arm and lifted Kerri with the other. As he hugged both of them tightly, he walked toward the rest of his family.

After many hugs and kisses, Adam walked his family to their car then left with the rest of the Marines in his unit to turn in his

Kerri smiled as she got into

"I feel so much better now."

**HAWAII MARINE C SECTION OCTOBER 13, 2006** 



"Warrior's" Travis Eslinger swing at a pitched ball, resulted in a homerun Oct. 4 during an intramural softball game between the Federal Fire Department "B" team. The Warriors defeated "Fed Fire 28-13 at Riseley Field. Warriors' shortstop Richard Capelette said he felt his team performed as a solid group rather than individual players.

### Warriors' extinguish 'Fed Fire' 28-13

Lance Cpl. Edward C. <u>deBree</u>

Combat Correspondent

The "Warriors" of Headquarters Battalion defeated Federal Fire Department B, 28-13, during an intramural softball game at Riseley Field Oct. 4.

With "Fed Fire" entering this game with a record of 7-6, the Warriors were feeling confident about playing them.

As the Warriors made hit after hit, the score jumped to 18-0 10 minutes into the top of the first inning. After a hit down the middle, Warriors' Giovanni Dominguez rounded third and found himself between Fed Fire's catcher and third baseman, but as the ball slipped out of the catcher's glove, Dominguez found his opportunity to run in bringing the score to 19-0.

"We're just starting," said Warriors head coach Romeo Ibrao at the top of the first inning. "We're just getting batting practice in. The longer you stay up to bat, the more swings you'll get, and that's what we're doing."

As Fed Fire took to the plate, they knew they had some catching up to do. Coach Joshua Emmanuel smacked the ball deep into left



Lance Col. Edward C. deBree

Federal Fire Departmen's "B" team runs after the ball during an intramural softball game Oct. 4 "Fed Fire" lost to the "Warriors" of Headquarters Battalion, 28-13, at Riseley Field, in what proved to be a shut out game.

field to bring home four runs. By the end of the inning, the Warriors were allowed only a few more runs to come in, ending the first inning 19-7.

In the second inning, with

runners on second and third base, Warriors' Travis Eslinger came up to bat. The ball floated his way, and he smashed it deep into center field to bring home three runs bumping the score up to, 26-7.

At the bottom of the second inning, the bases were loaded. Wanting to bring his team out of the hole they were in, Emmanuel smacked the ball, sending it into left field past the Warriors defense to bring the score up to 26-13.

Once again, Eslinger came up to bat in the top of the third inning. Trying to shut Fed Fire out, he hit another home run to bring the score to 28-13. Fed Fire had no chance in the third inning as the Warriors' outfielders caught balls that were hit their way, ending the game.

"We were lacking our team," said Emmanuel. "A majority of them had to work overtime, so we had to grab players from other teams to play with us. We also need to make base hits. Instead of going for the home run, we need more base hits. That's what we're lacking."

On the other side of the field, the Warriors celebrated the fact they are starting to come together as a team.

"There was a lot of good team effort, we're starting to gel together," said Richard Caplette, Warriors' shortstop. "We have a good core of players.

"One player doesn't carry the team. We lose people all the time, and we have someone who picks up right where they left. Most importantly though, we're having fun together.

"The other team played as individuals, whereas we played as one. They lacked the team concept," he said. "Come to the playoffs though - nobody wants to play the Warriors. We are the team to beat. As far as we're concerned, all the other teams are playing for second place."

### America Supports You golfers drive home support for troops

Samantha L. Quigley

American Forces Press Service

CROMWELL, Conn. — Nearly 150 golfers hit the links at River Highlands golf club yesterday to support wounded service members.

The day began with opening ceremonies that included a guard from Connecticut Recruiting and Command, Retention Hartford. Army Spc. Meric Martin, a Connecticut National Guardsman with the 102nd Army Band from Bristol, performed the national anthem.

"I think (the event) is great," Connecticut Army National Guardsman Sgt. 1st Class Robert Beloff, Joint Forces Headquarters for the state of Connecticut, said. "When you

see the news and you see people protesting (the war) and things like that, something like this almost cancels that all out.

"It's a good feeling," he added. The Pratt & Whitney America Supports You Tournament raised about \$110,000 through donations and golf fees. Three organizations that offer support to wounded service members and their families: Homes For Our Troops, the Wounded Warrior Project and the Intrepid Fallen Heroes Fund will share the funds, said Tammy Young, director of special events and catering for River Highlands.

The groups, respectively, also benefit from the efforts of Professional Golfer's Association players Phil Mickelson, Rory Sabbatini and Frank Lickliter, throughout the season. They're also members of America Supports You, a Defense Department program that highlight ways Americans and the corporate sector support the nation's service members.

Pratt & Whitney, a defense contractor and major sponsor of last year's River Highlands, event returned to sponsor this year's event. Mike Field, a senior vice president in sales and marketing with Pratt & Whitney, said the company has an ongoing relationship with River Highlands and liked the fact that the event allows people to interact with service members.

"PGA has set out, through these series of America Supports You events, to create awareness in perhaps a nontraditional location

appeal to people's interest to come out and ... have the opportunity to recognize what the men and women of our services do," Field said.

About a dozen service members took advantage of an unusual fall day to play 18 holes of golf on the PGA course. The importance of the event and the visibility it brings to the needs of their wounded comrades was not lost on them.

"Being with the recruiting and retention command, our main thing is to get the word out there to the veterans, the guys who are actually over there ... serving their country," Army Master Sgt. Michael Dezi, said. "The more people that we can get involved and (showing) patriotism — that's our goal."

While the day was a light-

hearted outing with prizes for shooting a hole in one; getting the closest to the pin; and placing first, second and third overall, it had a serious note as well. For the civilians involved, it was about honoring service

members, Young said. "It gives a chance for the people who are out there to meet (service members), shake their hands, raise their morale, (and) let them know that they care about them," Young said. "Hopefully, the people who participate will take away that feeling and tell other people.

"I think that there's a great ripple effect that comes out of this

type of a feel-good day," she said. In a further show of support, River Highlands adopted a unit currently serving in Iraq, Young said. The club will

send monthly care packages to the service members until they return home.

The America Supports You/TPC partnership began in 2005 and has raised \$450,000 in donations through events at all 24 TPC locations nationwide. While each club holds fundraisers, it's up to them to decide the details of each event, Young said.

River The Highlands fundraiser grew considerably from last year's, which was impacted by Hurricane Katrina. Many service members scheduled to participate were deployed to Louisiana and Mississippi, Young said.

This year the event sold out in June, prompting the club to add a smaller-scale event on July 31 to accommodate all those

### Sports Briefs

#### Youth Flag Football and Cheerleading

Youth Activities is currently accepting registration for youth flag football and cheerleading. The seasons run from Oct. 1 to Dec. 15. When registering, bring a copy of a birth certificate or your military ID card.

For more information, call 254-7610.

#### **Ongoing**

#### **Parents for Fitness**

This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month

Call 291-9131 for more information.

#### **Personal Trainers**

For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.

They will do all this and tailor a program, based on your physical needs and ambitions. For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Call Semper Fit Center at 257-7597 to schedule an appointment.

#### **Campground and Picnic Sites**

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required.

Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the MCB Hawaii Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish off the uncrowded waters of Windward Oahu.

Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

#### K-Bay Lanes

Economical entertainment, Mondays through Thursdays at the K-Bay Lanes where all E-1s to E-5s can receive free rental shoes and discounted games at only \$1.50.

For more information, call K-Bay Lanes at 254-7693

### Fall Swim Lessons Offered

The Base Pool Fall Swim Lessons are given from 1 to 5:30 p.m. Classes are open to all military service members, spouses, and DoD Employees. All levels of instruction are offered, and classes run Tue-Fri for two weeks. Reservations required, and placement is on a first come, first served basis, so call MCCS Aquatics at 254-7655.

### Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

### **Massage Therapy**

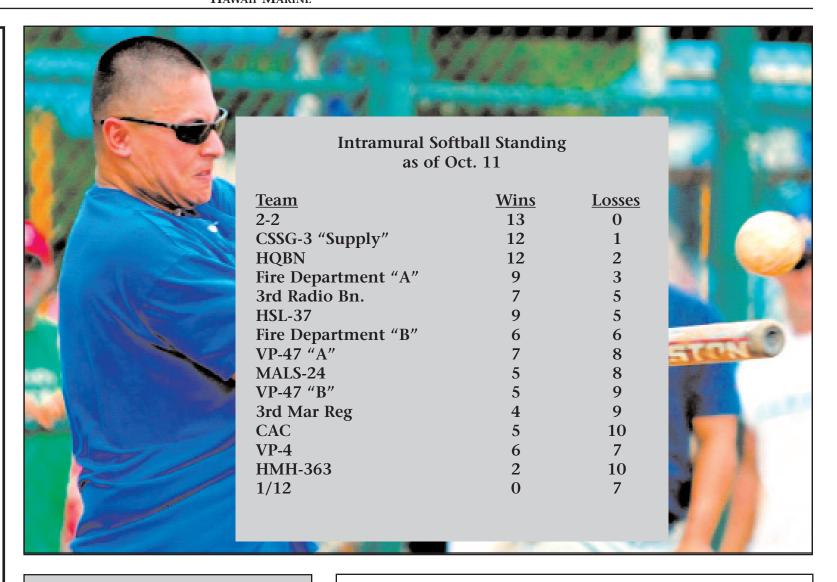
Massage therapy, with certified massage therapists, is available at the Semper Fit Center, Kaneohe Bay. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone. Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597.

### **MCCS Aquatics**

One of MCB Hawaii's greatest aspects is that you can swim year-round. What's even better, you can throw pool parties year-round. MCCS Aquatics hosts private pool parties at the MCBH K-Bay Main Pool, the Camp Smith Pool and the Manana Housing Pool, as well. Tuesdays through Fridays, weekends and holidays, MCCS Aquatics invites you to party your way at one of the base pools. "Pool parties are great for birthdays, youth teams ceremonies, even family get-togethers," stated Harry Sprague, MCCS Aquatics Manager." Each party package includes a 20' x 20' tented area, picnic tables, and a barbeque grill for grilling your favorite feasts. The Kaneohe Base Pool offers a water slide, diving boards, and a kiddie pool for the peewee party folk. "The pricing is very affordable, and the locations are all convenient," furthered Leonard, "all it takes is a call." To set up a date for your pool party, call MCCS Aquatics at 808-254-7655.

### **GNC Now Open**

GNC recently opened a location at MCB Hawaii, Kaneohe Bay. Head to Mokapu Mall for all of your nutrition and supplement needs. Call 254-2600 for more information.





## Tackle Football standings as of Oct. 11

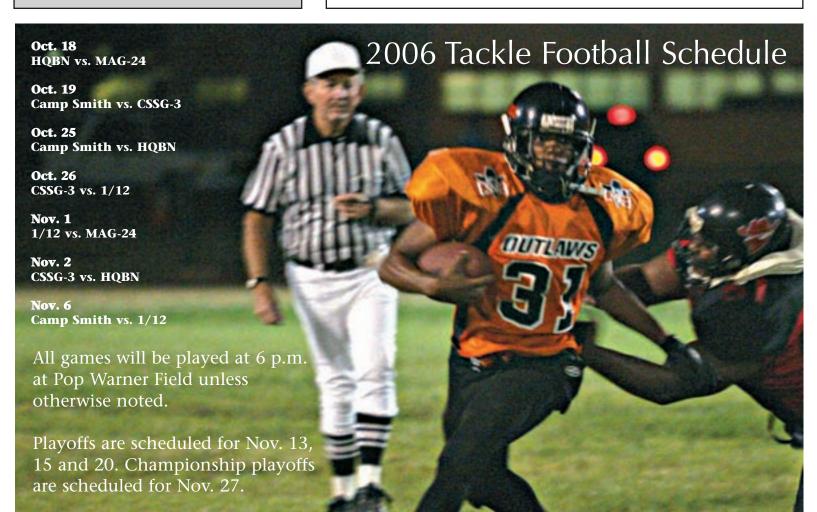
<u>Team</u>	<u>Win</u>	<u>Losses</u>
Camp Smith	3	0
CSSG-3	2	0
HQBN	1	2
MAG-24	1	2
1/12	0	3

### Swinging Along



Cpl. Sara A. Carte

Two-year-old Amiya Gardenhire takes a swing at the park on Marine Corps Base Hawaii, Kaneohe Bay, Tuesday.





### Hydration is a priority year-round

#### Lance Cpl. Edward C. <u>deBree</u>

Combat Correspondent

Though summer months have passed and winter months are rapidly approaching, staying hydrated should still be a priority for those who live in Hawaii.

According to thirdworld traveler.com, the average temperatures in Hawaii reach approximately 80 degrees Fahrenheit and humidity of 69 percent year-round.

"The body is a phenomenal piece of machinery," said Dan Dufrene, health promotion coordinator, Semper Fit Di-vision, Marine Corps Com-munity Services. "Our bodies lose moisture doing the simplest thing like standing around or sitting down. Moisture constantly leaves our bodies, and that's why it's important to keep drinking water."

At the Semper Fit Center here, the staff will not allow patrons to workout if they are wearing sauna suits because of the risk of losing too much water from the body.

"The body regulates heat through sweat and the sweat comes from the 80 percent of water the body is made of," said Jon Shiota, manager, Semper Fit Center. "Sweat is a natural way the body cools itself down. When people wear these suits the sweat evaporates and it gets really humid in them making the body even hotter. It's the equivalent of turning off the radiator to you

A quick suggestion that Dufrene offers as a rule of thumb is to drink eight servings of eight ounces of water per day.

The true way to determine

how much water to drink is to take a person's body weight and cut it in half, and that determines how many ounces of water a person should drink in a day.

"On a warm day, you can lose one cup of fluid from your body by running one mile," said Dufrene. "The best thing to do to keep hydrated is to drink 30 ounces of water two hours prior to an activity. Then drink another 20 ounces, which is about two cups, 10 to 15 minutes before the activity, and drink a half a cup of water every 15 minutes during the activity."

To achieve proper hydration, Dufrene said it is best to stay away from coffee, tea and alcohol due to the rate in which these liquids leave the body.

If a person is participating in an activity and they start to feel lightheaded, then they should stop the exercise and find a shaded area to cool down. The best way to regain hydration is to consume drinks with electrolytes, such as those found in sports drinks.

"The rule with drinks such a Gatorade and Powerade is to drink the ones with less than 10 percent carbohydrates," said Dufrene. "You just need to drink enough then start drinking water, but those drinks are better for you because they have a lot more things in them that can help out your body."

Though drinking water is a good way to stay hydrated, it's important to remember that a body can over hydrate, which can cause death.

"Over hydration is when you drink too much water and it decreases the levels of electrolytes in the body," said Dufrene. "It's a very rare occurrence, but it can be life threatening."



Service members grab a drink of water May 25 after running in the 101 Days of Summer "Fun Run." Though the summer months have passed, it is still important to remember to hydrate to avoid heat exhaustion, heat stroke and death.

Though Hawaii is about to head into its winter months, it's still important to remember to hydrate due to the fact that Hawaii's climate doesn't fluctuate much throughout the year, explained Dufrene.

"Dehydration can happen at anytime especially here," he said. "We're not in a place that has extreme changes in temperature like on the mainland during the different seasons. That's why it's important to remember to keep hydrating all the time."

### Signs of dehydration chart

Amount of Dehydration	Effects
1%	Feel thirsty
2%	Feel more thirsty and discomfort
3%	Extreme dry mouth "cottonmouth"
4%	Start feeling sick and reduced performance
5%	Sleepiness, headaches and concentration trouble
20%	Death

### New TRICARE standard handbook is now available to covered beneficiaries

FALLS CHURCH, Va. — TRICARE is making a handbook available to all beneficiaries covered under TRICARE Standard. This new manual goes into much greater detail than the old booklet, making it

Standard handbook to help beneficiaries fully understand their medical care," said Army Major General Elder Granger, deputy director, TRICARE Management Activity. "Explaining the benefit more clearly promotes beneficiary satisfaction and is in keeping with the President's initiative to make health care more transparent."

Although the handbook is as useful as the TRICARE Prime chock full of useful data from and Prime Remote handbooks. what is covered to how to file ciary costs flyer from their "We are publishing the a claim, it does not include regional contractors or from a cost information. Because of local TRICARE Service Center or annual cost changes, TRI-CARE created a separate summary of beneficiary costs flyer that contains costs for all TRI- mart. Basic information on

CARE programs, including dental and pharmacy. TRI-CARE will update the flyer whenever the rates change.

Starting in early October, beneficiaries may ask for copies of the TRICARE Standard handbook or the summary of benefiview the documents on the TRI-CARE Smart Site, http:// www.tricare.osd.mil/TRICARES

TRICARE Standard is available at http://www.tricare.osd.mil/ Factsheets/viewfactsheet.cfm?id

#### **About TRICARE Management Activity**

TRICARE Management Activity, the Defense Department agency that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.2 million eligible beneficiaries worldwide.

### Huddle up for practice



Mighty Mites Two's coach Chris Magnani gathers his players for a huddle Oct. 10. The Hawaii Military Youth Athletic Association's flag football season begins Oct. 21.

### Elder health care tips for extended families

Kelli Kirwan

LIFELines

Generations are beginning to shift positions in our society. Baby boomers are reaching retirement and Social Security age. The parents of the 1950s are researching in-home health care or senior living facilities. Many families are blending extended families as a way to stay connected, financially support one another, and physically care for their elders.

Many of our parents and grandparents live long, happy, healthy lives, but few escape the winter years of their life without some health problems such as illness and degenerative diseases. If you and your family are considering bringing a parent or grandparent to your home as a dependant, make sure you have all the facts so the transition and the future go as smoothly as possible. Be health-care savvy and know what your options are.

### What Does TRICARE Cover?

The answer is "Nothing." Parents and grandparents are considered secondary dependants. This means they have all the benefits of being a military dependant except one — they are not eligible for enrollment in the TRICARE system. They may be seen at a military hospital or clinic if Space A (space available) care is offered, but even then the slots allotted for Space A are so few that it's almost impossible to be seen for regular health care. In addition, Space A is not available at all military installations. Your alternatives are Medicare, Medicaid, and other supplemental health insurance.

#### **Medicare Eligibility**

There are simple guidelines to see if your family members are Medicare eligible and can receive Part A without having to pay premiums: You are already receiving retirement benefits from Social Security or the railroad retirement board. That means you or your spouse must have worked for 10 years paying into Social Security and be age 65 or older. You do not have to be receiving the Social Security or railroad benefits; you just have to be eligible.

If you are under 65, you may still be eligible to receive Part A benefits of Medicare if you meet the following criteria:

You must be disabled and have been receiving disability for at least two years.

You must have end-stage renal disease (permanent kidney failure) and be on dialysis or be a kidney-transplant patient.

### What Does Medicare Cover?

Medicare pays 80 percent after you have met your deductibles. Medicare is split into two parts. Part A covers inpatient services in hospitals and some nursing facilities and has an \$812 deductible per benefit period. Part B covers doctors' services and has a \$100

deductible per calendar year.

Part B also covers some occupational and physical therapies as well as nebulizers and external effusion pumps. There is some additional durable medical equipment that Medicare helps cover, such as canes, crutches, walkers, seat lifts, diabetic equipment, wheelchairs, and hospital beds. It also covers eyeglasses after each cataract surgery.

#### What's Not Covered?

Medicare does not cover prescription drugs. This can be a very costly part of health care, especially for older family members. Unfortunately, because secondary dependants are not eligible for TRICARE, they cannot have their prescriptions filled at military facilities.

Because only 80 percent of your medical charges are covered,

that leaves 20 percent to pay out of pocket in addition to any deductibles and co-payments.

### How Can You Cover the Financial Gaps in Medicare?

Educate yourself on the various state and federal programs that supplement Medicare that your parent or grandparent may be eligible for. Follow legislation that can effect changes to Medicare benefits. With solid information on how the system works and what your family member is entitled to, you can make sound decisions on the different supplemental programs that are out there.

#### Medicaid

Medicaid is a joint federal and state program that helps individuals with limited resources. It can also help cover some nursinghome care. Eligibility varies, so with each move into another state you have to reapply.

#### **Supplemental Insurance**

Supplemental insurance is additional coverage you can purchase. Just as with any insurance, you need to shop around and educate yourself on the world of medical insurance, supplements, HMOs and PPOs so that you and your family member can make the best decision. You can purchase plans that typically cover everything that Medicare does not. Insurance companies such as Physicians Mutual can help cover prescription costs, copays, and deductibles. Out-ofpocket costs will depend on a number of variables such as location, age, and the type and extent of coverage.

#### HMO vs. PPO

An HMO is a health maintenance organization as opposed to a PPO, or preferred provider organization. Com-panies such as Secure Ho-rizons offer both options. They suggest that individuals on a fixed income would benefit more from their HMO. HMOs use a selected network of doctors and facilities. To get specialist care, you must have referrals from the primary care manager. There are often low or no premiums. The PPO allows you to go to any doctor or hospital, but has a higher premium cost.

#### Availability of Supplemental Insurance

You must be sure to ask about the transferability of any additional insurance you purchase. Military life dictates frequent moves, and you need to be aware of any lapse in insurance coverage or the need to reapply. Secure Horizons, for instance, is only available in Arizona, California, Colorado, Nevada, Oklahoma, Oregon, Texas, and Washington. Physicians Mutual is typically available nationwide; however, if you're transferring overseas you may need to find other coverage.

#### **Healthy Lifestyle**

In addition to researching health insurance, take a few moments to discover senior programs that are offered in your area. Senior centers, the YMCA, YWCA, and fitness centers usually offer exercise programs for older people. Aquatic classes, yoga, and walking groups are all examples of safe exercise, and they have an added benefit they help older people create a social network. Wellness of both mind and body can mean a big improvement in quality of life for families.

The world of health insurance can be confusing and overwhelming, but with determination, good note taking, and family meetings, you can ensure that your loved ones are financially covered and have every opportunity to live a healthy life.

## Tips for traveling families flying with children

<u>Kirsten Cukor</u>

LIFELines

Whether visiting distant family members or changing duty stations, every military family can benefit from becoming travel savvy. Flying with children is a special challenge, but proper preparation helps everyone enjoy the trip.

#### Making Reservations

Most airlines allow infants under age 2 to fly in the lap of an adult passenger at no additional cost. However, The Federal Aviation Administration recommends that children who fly use the appropriate FAA-approved infant seat or child restraint device, based on their size and weight. If a flight isn't full, you may be allowed to use an empty seat for your child-restraint system, but to guarantee a seat, a ticket must be purchased for your child. Some airlines make this more affordable by offering discounted airline fares for children. These are not usually available for online purchase, and restrictions do apply. Contact a travel agent or airline reservation office for more information.

#### The Airport

Airports are exciting places for children. Arrive early so you can be calm and organized — most airlines recommend arriving 60 to 90 minutes ahead of time for domestic flights, and two hours ahead for international flights.

Prepare your children for security processes. The Transportation Security Administration (TSA) suggests that you speak to your children about the screening process so that they will not be frightened or surprised.

If your child seems anxious about flying, be reassuring. According to an article about children's fear of flying

on childanxiety.net, "Children should be encouraged to talk about the positive and exciting parts of the trip, and parents can help foster this by talking about the flight in a positive way."

#### The Flight

Passengers with small children are generally allowed to board early — take advantage of the extra maneuvering space to arrange your gear.

If you've flown before, you're probably familiar with the ear popping that accompanies cabin pressure changes during take-off and landing. This can be particularly disturbing to infants and small children. Nursing or bottle-feeding an infant can help alleviate any discomfort; for older children, drinking from a sippy cup, chewing gum, or sucking a lollipop can have the same effect. According Discovery Health, "swallowing helps to decrease the buildup of pressure in the ears." It is also suggested that you consult your doctor before flying if your child has a history of ear infections.

What to Bring Try to keep only the essentials in your carry-on. For an infant, you'll definitely want diapers, wipes, a changing pad (since few airplanes have changing tables), and a change (or two) of clothes. Gallon-size plastic bags that zip can be useful for dirty clothes and diapers. Also include any bottles, formula, pacifiers, or spill-proof cups you might use. A few well-selected toys and books can be helpful. Items saved especially for the plane ride might hold attenHAWAII MARINE D SECTION

OCTOBER 13, 2006



Staff Sgt. Ronnie Torres, a 29-year-old platoon sergeant from Kilo Company, 3rd Battalion, 3rd Marine Regiment, carries his sea bag to his tent after arriving at an airbase in Al Asad, Iraq, March 17.



A Marine with Kilo Company, 3rd Battalion, 3rd Marine Regiment, kicks open a doorway to gain access to a house during a foot patrol in Haqlaniyah, Iraq, June 1.

### 'America's Battalion' finishes the job

Story and Photos By
Sgt. Roe F. Seigle

1st Marine Division

After almost seven months of combat operations in Iraq's western Al Anbar province, "America's Battalion" returned to Kaneohe Bay Oct. 4 and 5.

Two weeks before their return, Marines and Sailors assigned to 3rd Battalion, 3rd Marine Regiment transferred authority of security operations of the Haditha Triad region in Al Anbar to another Hawaii-based unit – 2nd Battalion, 3rd Marine Regi-ment.

The Haditha Triad Region consists of the three Euphrates River towns of Haditha, Barwanah and Haqlaniyah and boasts a population of approximately 50,000.

Throughout their deployment, 3rd Battalion's forces trained Iraqi Security Forces, located 54 weapons caches and detained more than 800 suspected insurgents, according to Master Sgt. Ronald Rice, 36, operations chief, 3/3. They also conducted more than 8,000 patrols

America's Battalion also worked closely with Iraqi police and soldiers to provide security in Baghdadi, a small city of about 5,000, 25 miles south of the Triad along the Euphrates.

Iraqi security forces accompanied the 3/3 Marines on approximately one-third of the patrols, said Rice.



Corporal Daniel Robert, a 22-year-old Marine from Philadelphia, Pa., scans a portion of the Euphrates River in Barwanah, Iraq, July 29.

Although the battalion suffered 11 deaths during its deployment, the Marines and Sailors performed to par and made a dramatic difference in Iraq, according to Lt. Col. Norman L. Cooling, commanding officer, 3/3.

"The Marines' enemies here do not follow the Geneva Convention and play by a different set of rules that Marines do not recognize," said Cooling. "The enemy often does things that are shocking and repulsive to civilized people – like

machine-gunning several unarmed police recruits to death earlier this summer."

Cooling, a native of Baytown, Texas, said the battalion's most valuable contribution to Iraq was the advancement of Iraqi Security Forces, to include Iraqi policemen and soldiers.

Upon arrival, abilities of the Iraqi soldiers were limited to individual skills and were very basic. Now, soldiers have motorized capabilities to react to situations and are conducting pla-

toon, company and battalionlevel operations independently. Some Iraqi units are frequently assigned their own area of responsibility, said Cooling.

During 3/3's final large-scale operation, dubbed Operation Guardian Tiger IV, only a handful of Marines accompanied Iraqi soldiers when they spread out through the Baghdadi area to conduct a complete census of the city's villages.

"The Marines did what they have always done in the past," said Cooling, 42. "They came to



Marines from Kilo Company, 3rd Battalion, 3rd Marine Regiment, escort two men to a detention facility June 1 in Haqlaniyah, Iraq, during a foot patrol through the city of 30,000.

a hostile area that was riddled with chaos and initiated the process of establishing security."

Sergeant Rodrigue Jean Paul, platoon guide, Lima Company, said the deployment was an eye-opener for him and his Marines. Ro-drigue, 31, said his close friend Cpl. Yull Estrada Rodriguez, 21, was killed Sept.

"You cannot describe the loss of one of your friends," said Rodrigue, a native of Queens, N.Y. "It is a part of you that is lost, and you can never get back. You just take what you have left and move forward but never, ever, forget those that you lost."

Some Marines said they no longer take things for granted, as they once did – like a hot shower after being in 130 degree

Fahrenheit weather all day.

"Your feelings toward life itself changes out here," said Lance Cpl. Timothy Trumbull, 21, rifleman, Lima Company. "I can't even explain how good of a feeling it will be when I get home to see my family."

Cooling, who also commanded the battalion during a sixmonth deployment to Afghanistan in 2005, said he is exceptionally proud of his Marines and their accomplishments and sacrifices.

"When the greatest threat of our generation came, the majority of Americans watched it on TV," said Cooling. "Only a select few with a moral compass, selflessness, and a strong set of values will volunteer to risk their lives to meet that threat."

### Remembering the Fallen

A memorial service is scheduled to be held Oct. 20 at 3 p.m. between Hangar 101 and 102 for the Marines from the 3rd Battalion, 3rd Marine Regiment's recent deployment to Iraq.

Cpl. Andres Aguilar Jr., 21 Victoria, Texas

Cpl. Eric R. Lueken, 23 Dubois, Ind.

Lance Cpl. Jose S. MartinDominguez Jr., 22 Liberal, Kan.

**Sgt. David R. Christoff**, 25 Rossford, Ohio

Cpl. Michael A. Estrella, 20 Hemet, Calif.

Cpl. Yull Estrada Rodriguez, 21 Alegre Lajas, Puerto Rico Staff Sgt. Jason C. Ramseyer, 28 Lenior, N. C.

Lance Cpl. Adam C. Conboy, 21 Philadelphia, Pa.

Lance Cpl. Hatak Keyu M. Yearby, 21 Overbrook, Okla.

Lance Cpl. William J. Leusink, 21 Maurice, Iowa

Lance Cpl. Ryan A. Miller, 19 Pearland, Texas